

2022

DECEMBER

Assisted Living Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Amanda Jensema, CTRS Recreation Therapist 202-541-7721</div> <div></div> <div>Steven Briefs, CTRS Recreation Supervisor 202-541-7733</div>	<div>11am Qi-Gong EVERY Mon/Weds/Fri in Theater</div> <div>11am Exercise & Dance EVERY Tues/Thurs in Theater</div>	<div>LEGEND:</div> <div>AC- Artist Colony BC- Bowling Center BF- Ball Field BY- Sheridan Backyard CC – Community Center CCL- Community Center Lobby GR- Game Room CT- Canteen CY- Courtyard</div>	<div>LEGEND cont.</div> <div>DI- Defender's Inn GC – Golf Course HoH – Hall of Honors L- Library MR- Meditation Room PR- Promenade RC- Rose Chapel SCP- Scott Patio TH- Theater</div> <div></div>	<div>10:30am RT Bus Trip: Chevy's Restaurant</div>	<div>9:30am Hydration Cart 10:15am Room Visits 11am Qi-Gong- Th 1:30pm RT Bingo- CC</div>	<div>1pm Bingo- CC 2pm RT Ice Cream Social- CCL 4pm Ribs Social- DI 6pm Movie- Th</div>
<div>9am Protestant Service- Th 6pm Movie- Th</div>	<div>9am Admin. Duties 11:30am Popcorn- CCL 1pm Deck the Halls Work Shop- CC 1:30pm Movie- Th</div>	<div>9:30am Roving Trivia 10:15am Room Visits 12pm Craft Fair- CCL 1:30pm Documentary- Th 1:30pm Balloon Volleyball 5:30pm Tree Lighting- CC 6pm RT Winter Wonderland- SCP</div>	<div>1pm Bingo- CC 1pm IDT Meeting 5:30pm RT Bus Trip: Mormon Tabernacle Holiday Lights</div>	<div>10am PAL Dog Visit 1pm Admin/Program Prep- C</div>	<div>9:30am Hydration Cart 10:15am Reminiscing 10am Meditation- GR 1pm Mug Making- C 6pm Holiday Dance- CC</div>	<div>2pm City Singers- Th 3pm Army v. Navy Football Game- CC / DI 6pm Movie- Th</div>
<div>9am Protestant Service- Th 6pm Movie- Th</div>	<div>9am Admin. Duties 11:30am Popcorn- CCL 1pm Northwest Senior Singers Sing A Long-CC 1:30pm Movie- Th</div>	<div>11am Exercise & Dance- Th 1:30pm Holiday Trivia 4:30pm Birthday Dinner 6pm RT Winter Wonderland- SCP</div>	<div>10am Holiday Cheer w/ U.S. Army Old Fife- CC 1pm Bingo- CC 1pm IDT Meeting 2pm Paint & Sip- AC</div>	<div>Party Set-Up 1pm Congressional Chorus- Th 6pm Movie- Th</div>	<div>1pm RT Holiday Party w/ D.A.R.- CC 6pm Movie- Th</div>	<div>1pm Bingo- CC 4pm Wings Social- DI 6pm Movie- Th</div>
<div>1st Night of Chanukah 9am Protestant Service- Th 6pm Movie- Th</div>	<div>OFF 11am Qi-Gong- Th 11:30am Popcorn- CCL 1pm Songs for Seniors-CC 1:30pm Movie- Th</div>	<div>OFF 11am Exercise & Dance- Th 1pm RT Bingo- CC 1:30pm Documentary- Th 6pm Tae Kwon Do Demo & Chamber Orchestra Performance- CC 6pm RT Winter Wonderland- SCP</div>	<div>OFF 11am Qi-Gong- Th 1pm Bingo- CC 1pm IDT Meeting</div>	<div>OFF 9am Town Hall- CC 11am Exercise & Dance- Th 2pm Doodle & Chug- DI 6pm Movie- Th</div>	<div>OFF 10am Meditation- GR 11am Qi-Gong- Th 6pm Movie- Th</div>	<div>1pm Bingo- CC 4pm Pizza Social- DI 6pm Movie- Th</div>
<div></div>	<div>Christmas Observed </div>	<div>9am Admin. Duties 1:30pm Documentary- Th 1:30pm Can You List This? 6pm RT Winter Wonderland- SCP</div>	<div>9:30am Morning Stretch 10:15am Hydration Cart 1pm Bingo- CC 1pm IDT Meeting</div>	<div>9:30am Roving Resolutions 10:15am Room Visits 1:30pm New Year Trivia 6pm Movie- Th</div>	<div>9:30am Roving Muffins & Mimosas- ALP/LTC/MS 1pm New Years Cheer- DI 1:30pm Calendar Distro</div>	<div>6pm Movie- Th 8pm New Years Eve Social- DI</div>